

SCHEDULE

Thursday, June 6

3 PM

Arrival (pool, rooms, and studio available)

7 PM

Meal

8 PM

Opening ceremony

Friday, June 7

7 - 8 AM

Movement Meditation (optional)

8 - 10 AM

Breakfast

10 AM - 1 PM

Process period #1

1 - 3 PM

Lunch and open time

3 - 6 PM

Process period #2

Saturday, June 8

7 - 8 AM

Movement Meditation (optional)

8 - 10 AM

Breakfast

10 AM - 1 PM

Process period #3

1 - 3 PM

Lunch and open time

3 - 6 PM

Process period #4

Sunday, June 9

8:30 - 9:30 AM

Breakfast

9:30 AM - 1 PM

Process period #5

1 - 3 PM

Lunch

3 - 7 PM

Open time, departure by 7 PM